



Family FactLine

The Family Newsletter of the 4th Marine Corps District

Volume XVIII, Number 1

***Spring 2015
District Corner***



From the Commanding Officer

Dear 4th Marine Corps District Families,

I hope everyone is coping with the record cold temperatures and snow, and all the challenges this winter has brought.

As I type this letter, 4th Marine Corps District is finishing a successful February mission. All eight Recruiting Stations accomplished their assigned enlisted recruiting mission and are well on track to completing their officer procurement mission for the year. In true Marine fashion, they accomplished their objectives despite every challenge and obstacle that was thrown in their path. Our bond with the American public is based on our professional reputation. Marines never quit, never give up, and always accomplish the mission with honor, courage, and commitment. With tenacity and teamwork, the 4th District Marines have once again earned that reputation. I couldn't be prouder of what your Marines accomplished this month, and I thank you for the enduring support you provide each of them. In countless ways, the love and support of our families makes what we do possible.

With the upcoming spring and summer PCS season, we will be saying farewell to several of our family readiness command team members across the District as they move on to new jobs and new adventures. Earlier this month we said farewell to Sergeant Major and Carri Breze, and got to welcome Sergeant Major and Meghan Gonzales to the 4th District family. Next month we will farewell Sergeant Major and Rachel Sweeney from RS Frederick, Sergeant Major and Cynthia Bullock from RS Louisville, and Sergeant Major and Heather Cauley from RS Richmond. Fair winds and following seas, and thanks to each of you for all you have done to support your Recruiting Station families.

Jannette and I wish you all the best in the months ahead.

Semper fidelis,

J. A. Bolt
Colonel, U.S. Marine Corps



From the Sergeant Major

Friends and Family,

Meghan and I appreciate the warm welcome received and we look forward to our tour here at the 4th Marine Corps District. After my initial observation for about a month now, I have to say that your Marines have been doing a phenomenal job in supporting our mission. It is a busy time of year with inspections. I know your Marines have been putting in extra hours in preparation. Your Marines could not be successful without your support and I thank you for the personal sacrifices you give daily. Having served on two prior recruiting tours during my career, I understand the impact of this duty on our families. Each Recruiting Station and District Headquarters has family events and I encourage all of you to attend to enjoy some laughter and good conversation, but more importantly build relationships that can ease your time on recruiting duty. If you have suggestions for future events don't hesitate to let us know. Spring is upon us and even though November seems so far away, we will begin planning for the Marine Corps Ball. If you have any recommendations to improve the celebration please let the family readiness representative know. They can get your recommendations to the units Ball Committee.

Stay warm out there and again thank you for your support.

Mark F. Gonzales
Sergeant Major, U. S. Marine Corps

WINNER'S CIRCLE

Congratulations to those who entered the "Winner's Circle." It is always a pleasure to recognize those individuals who are being successful. Below is a listing of the Recruiting Station Staff Non-commissioned Officers in Charge and Recruiters of the Quarter for First Quarter 2015.



RS Baltimore
SNCOIC
GySgt K. N. Johnson
RSS Waldorf

Recruiter
Sgt A. M. Arizmendi
RSS Columbia



RS Charleston
SNCOIC
GySgt B. C. Mullins
RSS Bristol

Recruiter
Sgt C. W. Hoffer
RSS N. Columbus



RS Cleveland
SNCOIC
SSgt D. L. Ferguson
RSS Maple Heights

Recruiter
Sgt A. M. Elzholtz
RSS Zanesville



RS Detroit
SNCOIC
GySgt J. A. Plumley
RSS Bowling Green

Recruiter
Sgt J. M. Reiser
RSS Howell



RS Frederick
SNCOIC
SSgt K. D. Jackson
RSS Woodbridge

Recruiter
Sgt G. A. Arroliga
RSS Woodbridge



RS Louisville
SNCOIC
SSgt J. E. Sabel
RSS Louisville North

Recruiter
Sgt J. A. Pardue Jr.
RSS London/Danville



RS Raleigh
SNCOIC
GySgt C. V. Casipe
RSS Aberdeen

Recruiter
SSgt M. L. Sanders
RSS Greenville



RS Richmond
SNCOIC
GySgt C. M. Constantin
RSS Richmond Main

Recruiter
Sgt C. L. Bangert
RSS Lynchburg



VOLUNTEER APPRECIATION MONTH

April is Volunteer Appreciation Month. It provides an opportunity for organizations and units to recognize their volunteer's and say, "Thank you". Volunteers give of themselves and do not seek anything in return. Volunteerism is an enriching experience. It may be as simple as reading a book to children, working with non-profit organizations, or helping a neighbor. Ideas for local places you may volunteer are the local fire department, Red Cross, or food banks. To each of you who do give, we say, "Thank you."

The 4th Marine Corps District is a certifying organization for the President's Volunteer Service Award (PVSA). This is a premier volunteer awards program encouraging citizens to live a life of service through Presidential Gratitude and National Recognition. Volunteers may create an account to share volunteer stories, track volunteer hours, and be recognized for their services. More information is available at: www.presidentialserviceawards.gov. The District Identification Key is: **QNW-2063**.

We invite you to volunteer in the Family Readiness Program within your Recruiting Station. Contact your RS Deputy Family Readiness Officer and ask how you may make a difference here in the District.



A MESSAGE FROM THE DISTRICT CHAPLAIN

The winter has been hard in places. We have felt the wind, snow, ice and cold for many months. The season has kept us cooped up in our homes and we have felt the "cabin fever."

Spring brings refreshment to our lives. Many of us clean our homes extensively and open the windows to let in the nice breeze of spring air. The feeling of being able to be outside, watch our lawns grow green again, plant gardens and play with our children is such a joy!

Spring also brings a new season in faith. If you are a Christian you are able to celebrate Easter on April 5, remembering a risen Christ and gathering family together. If you are Jewish, the Passover Festival April 4-11 brings meaning and allows families to gather together to remember what God did for the Jews in Egypt. This is a time of year that can be meaningful to your personal faith.

Have a great Spring, and if you ever need anything feel free to contact me.

Chaplain Jonathon Maloney
(717) 856-7726; jonathon.maloney@marines.usmc.mil



Think Spring

THOUGHTS FOR SPRING CLEANING



One of the ways to put the winter season behind you is to start your spring cleaning. Spring cleaning cannot just spruce up your home, but also improve your health. Spring cleaning rids your home of dust and other allergens that accumulated in rooms sealed against winter drafts.

In preparation of spring cleaning, it is important to consider the cleaning products you will be using. Before using any product take the time to read the important safety labels and understand any potential hazards associated with them. Follow any safety precautions listed, such as avoiding exposure to skin or face. Some household cleaners and air fresheners emit gases that not only pollute the air, they may cause headaches, dizziness, or other conditions. Make sure you open the windows when using these types of products.

Spring cleaning has the potential for physical injury. Moving furniture to clean or vacuum behind it can be strenuous. Remember to use proper lifting techniques to avoid back injury. Keeping your feet shoulder width apart, back straight, and bending at the knees will go a long way towards making this an enjoyable experience.

The arrival of spring is both an exciting and relaxing time. Don't forget to enjoy what you do.

"The only difference between stumbling blocks and stepping stones is the way in which we use them."

Anonymous

Welcome

WELCOME TO 4TH DISTRICT!

We welcome these new Marines and their families:

❖ **RS Baltimore:**

- ◆ Sgt Michael Dreaden
- ◆ Sgt Ryan Dyson
- ◆ Sgt Michael & Caroline Ehrhart
- ◆ SSgt Shun & Yukari Haskins
- ◆ Capt Matthew & Samantha Lowen
- ◆ Cpl Ezequiel Nazario-Salazar
- ◆ Sgt Derek & Sophie Pickens
- ◆ Sgt Jared & Courtney Romsey
- ◆ SSgt Christopher Talbot

❖ **RS Charleston:**

- ◆ Sgt Cody & Lacey Baird
- ◆ Sgt Kevin & Jessica Farmer
- ◆ Sgt Cory & Amy Ford
- ◆ Sgt Daniel Leewright & Alexandra Velez
- ◆ SSgt David & Brittany Lindley
- ◆ SSgt Roy & Brittany Long
- ◆ Sgt Erick Paulson
- ◆ Sgt Andrew & Amy Saffle
- ◆ Sgt Ryan & Danielle Wagner

❖ **RS Cleveland:**

- ◆ Sgt Anton & Colleen Aguon
- ◆ Sgt Tevin & Jessica Ammons
- ◆ Sgt Raymond & Brittany Billman
- ◆ Sgt Ryan & Samantha Dayton
- ◆ 1st Lt Daniel & Neena Erwin
- ◆ Sgt Martin & Felisha Hlinovsky
- ◆ SSgt Christopher & Miranda Howard
- ◆ Sgt Austin & Nicole LaFleur

- ◆ Sgt Ryan & Kaitlin Rhoades

❖ **RS Detroit:**

- ◆ SSgt Jaime & Ashley Butler
- ◆ Sgt Scott Comment & Heather Atwood
- ◆ SSgt Kenneth & Ashley Griewahn
- ◆ Sgt James & Taylor Jackson
- ◆ Sgt Jacob & Charlene Kilpatrick
- ◆ SSgt Christian & Anavi Maghirang
- ◆ SSgt Justin Smith
- ◆ Sgt Brandon & Destin Wells

❖ **RS Frederick:**

- ◆ Sgt Eduardo & Stephanie Benavides
- ◆ Sgt Samuel Bulger & Mary Small
- ◆ Sgt Jeffrey & Meghan Garrido
- ◆ Sgt Marco & Kristine Hiler
- ◆ Sgt Taylor & Rachel Jewell
- ◆ Sgt David & Starla Little
- ◆ GySgt Gerardo Marquez
- ◆ SSgt Ryan & Laura O'Neill
- ◆ Sgt Leonel & Brittany Saucedo
- ◆ SSgt Joseph & Tiffany Steenhoven
- ◆ Sgt Diamond & Sgt David Yi

❖ **RS Louisville:**

- ◆ GySgt William & Colleen Allen
- ◆ Sgt Matthew & Icey Bales
- ◆ Sgt Preston & Mercedes Dockery
- ◆ SSgt Bradford & Louisa Dunn

- ◆ SSgt Matthew & Kimberly Harper

- ◆ Cpl Kenneth & Lacey Porter
- ◆ Sgt William Thedford

❖ **RS Raleigh:**

- ◆ SSgt Trumaine & Latoyia Collins
- ◆ Sgt Matthew & Renee Fitzgerald
- ◆ Sgt Jack & Zarina Flemming
- ◆ Sgt Cody Garcia & LCpl Bryanna DiFolco
- ◆ SSgt Steven & Andrea Perry
- ◆ Sgt Aungelique Smith
- ◆ SSgt Emmanuel & Hilda Soto
- ◆ 1st Lt Brett & Tracy Warming
- ◆ Sgt Stephen & Catherine Wright

❖ **RS Richmond:**

- ◆ Sgt Shaka Brown & Ashley Wasson
- ◆ SSgt Daniel Curry
- ◆ Sgt Joseph & Olivia Gore
- ◆ SSgt Kiel Lough
- ◆ Sgt James McNeely
- ◆ SSgt Jose & Stephanie Moran
- ◆ Sgt Edward Parker
- ◆ Sgt Israel Santellan
- ◆ SSgt Luis & Ruth Silva

❖ **District Headquarters:**

- ◆ Cpl Brian Gallagher
- ◆ SgtMaj Mark & Meghan Gonzales
- ◆ MSgt Daniel & Kelly Harper

Voting Assistance



VOTING ASSISTANCE PROGRAM

All members of the U.S. Uniformed Services and their family members are encouraged to register or request an absentee ballot for any election. You may register or request an absentee ballot by using the Federal Post Card Application (FPCA) found at: www.fvap.gov/FPCA.

If you'd like more information on the Federal Voting Assistance Program or need help with the absentee voting process, please contact FVAP at www.fvap.gov, 1-800-438-8683, or at vote@fvap.gov. Additional assistance is available from the District Voting Officer Captain Dale Chung at (717) 770-4087 or dale.chung@marines.usmc.mil. Your RS Voting Officer is also available to help.



COMING TO AN RS NEAR YOU

Here are some L.I.N.K.S. and Lifeskills workshops happening around the District.

- 11 April - P R E P Workshop with District Headquarters
- 18 April - RS Raleigh L.I.N.K.S. for Poolees and Parents
- 21-24 April - District Spouse Orientation Course (DSOC) at the District Headquarters.
- 11-15 May - RS Richmond L.I.N.K.S. for Poolees and Parents
- 30 May - RS Charleston L.I.N.K.S. for Spouses.
- 12-13 June - RS Raleigh L.I.N.K.S. for Spouses and L.I.N.K.S. for Kids
- 27 June - RS Cleveland L.I.N.K.S. for Spouses



For more information or to ask about a L.I.N.K.S. or Lifeskills workshop at your Recruiting Station please contact your RS Deputy FRO.

Also available is Mrs. Rachel Hoak, 4th MCD L.I.N.K.S./Lifeskills Trainer at: (717) 770-7478 or rachel.hoak@marines.usmc.mil.



This newsletter is for informational purposes and may contain links or references to civilian or other non-Department of Defense websites, organizations or persons. Nothing in this newsletter should be construed as an official endorsement of the website, organization, or person by Marine Forces Reserve, the Marine Corps, or the Department of Defense.



Family Readiness Network

FAMILY READINESS DIRECTORY

District Headquarters (800) 811 6104

Family Readiness Coordinator

John Cook (717) 770-4788

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Command Team Advisor

Kim Albrecht (504) 432-2058

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Recruiting Station Baltimore (800) 272-7391

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Deputy Family Readiness Officer

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Command Team Advisor

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Command Team Advisor

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Recruiting Station Richmond (800) 436-6577

Deputy Family Readiness Officer

MSgt D. Bell (269) 757-4478

demetrius.bell@marines.usmc.mil

Command Team Advisor

Diane White (804) 986-2876

white.diane.marie@gmail.com



"Volunteers don't get paid, not because they're worthless, but because they are priceless."

Sherry Anderson



INTERNET QUICK REFERENCE

4th Marine Corps District

<http://www.mcrc.marines.mil/4thmcd/UnitHome.aspx>

Information and events from around the District

Basic Allowance for Housing (BAH)

<http://www.defensetravel.dod.mil/site/bahCalc.cfm>

Contains answers to frequently asked questions

Childcare in your Neighborhood

www.naccrra.org/militaryprograms/

Childcare assistance for Recruiter Families

DStress

www.dstressline.com

Anonymous phone and chat counseling service

eMarine

<http://www.emarine.org>

Family Readiness website

Emergency Preparedness

<http://www.ready.gov>

Prepare, plan and be ready in an emergency.

Marine Corps Community Services

<http://www.usmc-mccs.org>

MCCS services, catalogue, links to other sites

Marine Corps Home Page

<http://www.Marines.mil>

Marine Corps information

Military.com

<http://www.military.com>

General military information site

Military Community and Family Policy

<http://apps.mhf.dod.mil>

Provides quick access to MC&FP Websites

Military One Source

<http://www.militaryonesource.com>

Answers to almost any question you have!

National Resource Directory

<http://www.NRD.gov>

Portal to resources designed for the military family

TRICARE Dental – MetLife

<https://mybenefits.metlife.com/tricare>

Your dental plan benefits information page

TRICARE: Military Health Services

<http://www.tricare.osd.mil>

Military health affairs information

TriCare Region North

<http://www.healthnetfederalservices.com>

North Region providers, questions, etc.

TriCare Region South

<http://www.humana-military.com/south/home.htm>

South Region providers, questions, etc.



“Seek to do good, and you will find that happiness will run after you.”

James Freeman Clarke



***4th Marine Corps District
(ATTN: Family Readiness)
54 M Avenue, Suite 9
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TO:

